



# King County

## WIC Facts: FFY 2004

### Infants Born Served by WIC

County..... 35.4%  
Statewide..... 48.6%

### Women, Infants and Children Served

**Total: 59,146**

Infants and children under 5..... 41,282  
Pregnant, breastfeeding and postpartum women..... 17,864

### WIC Food Dollar Contribution to Local Economy

WIC Program Food Dollars  
\$23,081,659  
WIC Farmers Market Nutrition Program Food Dollars  
\$182,566

### WIC Families

Working families..... **64.2%**  
WIC households with at least one working family member

Families living in poverty..... **69.2%**  
Percent of WIC clients with income at or below the federal poverty level (\$1,307 per month for a family of 3)

### WIC Nutrition Education Promotes Healthy Choices

Total nutrition education sessions..... **139,109**

WIC nutrition education:

- Emphasizes healthy lifestyle habits so families can eat better and stay active now to prevent obesity and other chronic diseases later in life.
- Promotes breastfeeding for the first year of life. And, with the breast pump loan program, helps mothers continue to breastfeed after returning to work or school.
- Helps prevent early childhood caries by screening for early signs of poor oral health, giving parents ideas for healthy snacks and stressing the importance of dental care by age one.



### WIC Attracts Families to Preventive Health Services

WIC referrals..... **253,897**

WIC informs families about health related services and provides them with the information and support needed to access them successfully.

\* Maternity Support Services

# *King County*

## **WIC Agencies and Sites**

### **Public Health Seattle & King County**

Country Doctor Community Clinic  
Group Health Cooperative  
Harborview Medical Center  
Highline Midwifery Services  
Highpoint Medical Clinic  
International Community Health  
Services - International District Clinic  
Odessa Brown Children's  
Clinic/Carolyn  
Downs Family Medical Center  
Swedish Medical Center  
Sea Mar Community Health Center  
Maternal Infants Clinic - University  
of Washington Medical Center  
Public Health Centers

### **Seattle Indian Health Board**

## **WIC Authorized Grocery Stores**

Al Mubarak Grocery	Renton Village Thriftway
Albertsons	Saar's Market Place
Auburn's Main Street Market	Safa Foods Corp
Bernie & Boys, Inc.	Safeway
Boulevard Park Thriftway	Salama Market
Dominic's Red Apple	Skyway Supervalu Foods
Duvall Family Grocer, Inc.	Somali Grocery
Family Food Center	Sunset Marketplace
Fred Meyer	Taste Of Russia
Front Street Market	The Ballard Market
Haramain Mini Market	TOP Foods
Hilltop Red Apple Market	Union Street Red Apple Market
Larry's Markets	Vashon Market
Maka Mini Market	Vashon Thriftway
Naseem Mini Market & Spices	Viet Wah Supermarket
Newport Hills Red Apple Market	Viet-Wah Superfoods
Promenade Red Apple Market	Village Market Thriftway
QFC	West Seattle Thriftway
Renton Halal	WinCo

## **WIC Authorized Farmers Markets**

Ballard Farmers Market  
Bellevue Farmers Market  
Burien Farmers Market  
Carnation Farmers Market  
Columbia City Farmers Market  
Country Village Farmers Market  
Federal Way Farmers Market  
Issaquah Public Market  
Kirkland Farmers Market  
Lake City Farmers Market  
Magnolia Farmers Market  
North Bend Farmers Market  
Pike Place Market  
Redmond Saturday Market  
Renton Farmers Market  
University District Farmers Market  
West Seattle Farmers Market  
White Center Farmers Market